

Abstract

Methods for making Bulgur food articles and products thereof are disclosed. The food articles comprise an outer shell formed by mixing and grinding a mixture of Bulgur, raw meat, seasonings and an edible fluid. The outer shell is formed into a pre-determined configuration. Examples of configurations include a miniature football, a hamburger, a cookie, a hot dog, a sausage, an egg and a ball. A filling is formed by mixing and pre-cooking a mixture of raw meat, onion, seasonings and nuts. The filling is located within the outer shell. The food articles are packaged and frozen for further use or immediately cooked using edible oil.